



SPINACH, LOW-SODIUM, CANNED

Date: July 2009

Code: A167

PRODUCT DESCRIPTION

- Canned spinach is U.S. Grade A and comes in whole leaf, cut leaf, sliced, and chopped varieties.
- Canned spinach is a low-sodium food.

PACK/YIELD

- Canned spinach is packed in about 13½ ounce cans for chopped and about 15 ounce cans for other types; each can is about 3 servings (½ cup each) after cooking and draining.

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened spinach in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Add flavor to canned spinach with garlic, pepper, lemon juice, or Parmesan cheese.
- Drained and chopped spinach makes a healthy filling for pasta and enchiladas.

NUTRITION INFORMATION

- ½ cup of canned spinach counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of canned spinach provides 70% of the daily recommended amount of vitamin A and 25% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (127g) spinach, low-sodium, canned, drained

Amount Per Serving

Calories	30	Calories from Fat	5
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% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	18%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 70%	Vitamin C 20%
Calcium 8%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

SPINACH PASTA**MAKES 4 SERVINGS****Ingredients**

- 6 ounces uncooked pasta (like penne, spirals, or macaroni)
- ½ cup onion, peeled and sliced
- 1 clove garlic, finely chopped
- ¾ teaspoon dried basil (if you like)
- 1 tablespoon vegetable or olive oil
- 1 medium bell pepper, cut in strips
- 1 can (about 13 ounces) chopped spinach, well drained; or chop up other types of low-sodium canned spinach
- 2 tablespoons Parmesan cheese (if you like)

Directions

1. Cook pasta according to package directions; drain.
2. In a skillet, cook onion, and garlic in oil until onion is soft. If using basil, add that too. Add pepper strips; cook 3 minutes.
3. Stir in spinach; heat through.
4. Toss in the pasta. If using Parmesan cheese, add that too. Serve immediately.

Nutrition Information for 1 serving of Spinach Pasta

Calories	230	Cholesterol	0 mg	Sugar	5 g	Vitamin C	80 mg
Calories from Fat	35	Sodium	180 mg	Protein	8 g	Calcium	8 mg
Total Fat	4 g	Total Carbohydrate	40 g	Vitamin A	60 RAE	Iron	20 mg
Saturated Fat	0 g	Dietary Fiber	4 g				

Recipe provided by Delmonte.com.

LOW-FAT SPINACH DIP**MAKES 3 SERVINGS****Ingredients**

- ½ cup plain low-fat yogurt
- ½ cup low-fat (1% fat) cottage cheese
- 1 can (13 ounces) chopped spinach, well drained, or chop up other types of low-sodium canned spinach
- 1 green onion, sliced; or use ¼ cup onion, chopped, instead
- 1 teaspoon chili powder
- 1 teaspoon lemon juice

Directions

1. Combine yogurt and cottage cheese; stir until smooth.
2. Stir in spinach, onion, chili powder, and lemon juice.
3. Place in serving dish; cover and refrigerate until ready to serve.
4. Serve with fresh vegetables, crackers, or breadsticks.

Nutrition Information for 1 serving (½ cup) of Low-Fat Spinach Dip

Calories	90	Cholesterol	5 mg	Sugar	5 g	Vitamin C	25 mg
Calories from Fat	10	Sodium	430 mg	Protein	10 g	Calcium	20 mg
Total Fat	1 g	Total Carbohydrate	9 g	Vitamin A	70 RAE	Iron	15 mg
Saturated Fat	0.5 g	Dietary Fiber	2 g				

Recipe adapted from Recipezaar.com.